

**PE**

**Year 10**



**Year 10 end of year exam revision topics**

**Revision topics:**

- Respiratory system- labelling system and gaseous exchange.
  - Aerobic & Anaerobic- definitions, examples of exercise
  - Aerobic & Anaerobic respiration equations.
  - Short term effects of exercise on the cardio system
  - Short term effects of exercise on the vascular system
  - Short term effects of exercise on the respiratory system.
  - Short term effects of exercise on the muscular system.
  - Planes and axes applied to sporting actions.
  - Levers and benefits of levers.
  - Graph/data analysis.
  - 9 mark essay question.
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- All the slides you will need to assist you are located on google classroom. Use your exercise book to help you revise.
  - Use the GCSE PE Bitesize website to help you <https://www.bbc.co.uk/bitesize/examspecs/zxbg39q>